

MENU from 30.03.2026 to 05.04.2026

DAY	MONDAY 30/03/26	TUESDAY 31/03/26	WEDNESDAY 01/04/26	THURSDAY 02/04/26	FRIDAY 03/04/26	SATURDAY 04/04/26	SUNDAY 05/04/26	
MEAL	first course	Cheese pie	Vegetable soup	Pizza (jambon and cheese)	"Fava" Mashed split-peas	Baked zucchini with tzatziki salad	Omelette with spinach	"Trachanas" Sour milky pasta soup
	main course	Pasta bolognese and grated cheese	Roasted chicken with orzo pasta	Roasted gilt-head sea bream with lemon juice and potato salad	Burger with french fries	Bean soup, 4-5 olives, pickles and feta cheese	Baked meatballs with tomato juice and mashed potatoes	Roasted chicken with tomato juice and orzo pasta
		Codfish (frozen) with lemon juice and mashed potatoes	Pork casserole with leek and celery	Lentil soup, 4-5 olives, pickles and boiled egg	Beef casserole with tomato juice and rice	Spinach with rice and boiled egg	"Gemista" with minced meat Tomatoes and peppers stuffed with rice, minced meat, chopped vegetables and herbs baked in the oven and feta cheese	Pork casserole with leek and celery
		Green peas casserole with lemon juice and feta cheese	Barlotti beans casserole and feta cheese	"Tourlou" Mixed vegetables casserole and feta cheese	Green beans casserole with tomato juice and feta cheese	"Imam" Eggplants casserole with tomato juice and feta cheese	Artichokes à la "polita" Artichokes cooked with several vegetables and lemon juice, feta cheese	"Briam" Mixed vegetables casserole and feta cheese
	bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread	Choice of wheat bread or whole wheat bread
	salad	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)	Two types of salad (you can choose one)
	dessert/fruit	"Halvas" Greek semolina dessert with cinnamon	Fruit	Rice pudding Dessert made with milk, rice and added cinnamon	Fruit	Donuts	Fruit	Mousse

